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PETA protest more sex than substance?

Ribfest gets ribald

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Play it again ... Worf

Ottawa one-man metal band Bitter Tree releases Trek-inspired love song

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CHILE MAKES CHUMPS OUT OF PAST CHAMPS

DUTCH SPRING PAST SOCCEROOS AND CHILE DEFEND AGAINST SPANISH ARMADA TO ADVANCE, WHILE CROATIA STAYS ALIVE WITH WIN OVER CAMEROON

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BIEBER FREE

LIVE 88.5fm

3 paramedics, 2 cops injured

Explosion. Training exercise in Kanata goes awry, leaving 2 paramedics in serious condition

Three Ottawa paramedics and two Ottawa police officers were injured by an explosion during a training exercise in Kanata Wednesday morning.

The injuries happened around 10 a.m., when, as part of a training exercise involving 40 OPS and RCMP officers, police detonated explosives to blow open a door in an abandoned house on March Road.

Two tactical paramedics in their 30s were seriously injured with second-degree burns to the face, arms and legs.

They were initially treated at the Queensway Carleton hospital, and were later transferred to the critical care unit of the General Hospital where they were intubated to prevent pulmonary swelling after inhaling hot explosive gases, said Ottawa Chief of Paramedic Services Anthony Di Monte at a news conference Wednesday afternoon. Their injuries are



Ottawa Police Chief Charles Bordeleau speaks with reporters after an explosion during a training exercise injured two of his officers and three paramedics. BLAIR EDWARDS/METROLAND NEWS SERVICE

not considered life threatening, he added.

The injured were first treated by paramedics who were also on the training exercise. The two police officers sustained minor injuries.

Police Chief Charles Bordeleau said that the use of explosives on training exercises was a "regular part of operations" and he wouldn't comment on what went wrong, saying only that the Ontario's Special In-

vestigations Unit (SIU) and the Ministry of Labour were called in to investigate because civilians — the paramedics — sustained injuries during a police activity.

The training had been go-

ing on about a week at an abandoned house set back from the road at the corner of March and Maxwell Bridge roads, but police said the joint operation had been underway for about three hours on Wednesday

when the accident happened.

Allison Rodgers, manager of Pet Valu, said, a police officer had visited businesses in the area to warn there might be noise related to the training.

"I heard the explosion for sure. The windows shook and the lights were all rattling," she said. "I just assumed it was part of the training, but it was a lot louder than some of the explosions during training this week."

Rodgers said patrons outside in the parking lot rushed toward shops in the plaza when the explosion occurred. Some were scared and confused and wanted to know what was going on, she said.

While joint training exercises are common, injuries that require hospital attention are not, according to both emergency services.

The Ministry of Labour will be investigating along with Ottawa Police Service District Investigators.

The Ottawa police say the province's Special Investigations Unit has invoked its mandate and is probing the incident.

DENIS ARMSTRONG, BLAIR EDWARDS, LAURA MUELLER AND LUCY SCHOLEY/METRO, METROLAND NEWS SERVICE

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Spreading the Klingon love

Promethean Cloud.
One-man band
releases a Trekkie tune



LUCY SCHOLEY
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Women roar and hurl objects. Men read love poetry and duck.

Trekkies know that's how Klingons attract mates. But Worf might be more successful with the ladies if he blasted some Klingon love tunes produced by an Ottawa one-man metal band.

Bitter Tree has released a song from its latest LP, entitled 4 Klingon Love Songs. Yes, the six-minute tune is almost entirely sung in the Star Trek lingo characteristic of the rippled-forehead warrior species.

"I wanted it to sound as if everyone was in a bar, clinking their glasses and singing this drinking song," said 22-year-old William Patton, who's behind Bitter Tree.

To do that, he sings in a guttural way that's inspired both by Worf's brethren and Mongolian throat singing. He uses

Klingon Shakespeare?

Other great works of Klingon culture:

- **Klingon Warnog:** A Star Trek-inspired beer brewed out of Indiana.
- **The Klingon Language Version of the Bible:** Check out klv.mrklingon.org — it's essentially a direct translation.
- **Klingon Shakespeare:** Yep, there's a Klingon Hamlet (kli.org/stuff/hamlet.html). Much Ado About Nothing and MacBeth are reportedly in the works.

distortions, looper pedals and plays a violin with a bow.

He's not fluent in Klingon, but he fine-tuned his pronunciation from years of Star Trek viewing. He dug into online Trekkie forums for help translating his lyrics.

4 Klingon Love Songs is the only Trekkie-inspired tune on the album Promethean Cloud, which will be released in Denmark later this week.



Tunes that Lt. Cmdr. Worf, a.k.a. actor Michael Dorn, would approve of. William Patton, inset, of the one-man Ottawa metal band Bitter Tree, has released a song that's sung entirely in Klingon. It will be featured on a full-length LP to be released in Denmark later this week. THE ASSOCIATED PRESS; INSET, CONTRIBUTED

Speedskating heroes in town for public exhibition



Charles Hamelin of Canada at the Iceberg Skating Palace in February.
THE ASSOCIATED PRESS

Aspiring young speedskaters will want to make sure they are at the Bob MacQuarrie Recreation Complex this Saturday, as storied Olympian Charles Hamelin and local speedskating star Ivanie Blondin will strap on the blades for a public skate.

The pair, along with several other speedskating Olympians, are in town this weekend as part of Speed Skating Canada's AGM, but Hamelin is looking much more forward to skating with the kids in hopes that he

might inspire a young star to become an Olympian.

"When I step on the ice with kids, I am reminded of when I was a kid and when people from the national team were coming to our workshops to say 'hi,' or skate with us, I was getting so inspired by them," said the three-time Olympic gold medalist. "I was dreaming to becoming just like them one day."

It's a similar feeling for Ottawa speedskater Ivanie Blondin.

She does school presentations across the country and always tells kids that it's never too late to be something great.

"The key message is to never give up," said Blondin. "These kids see us as big stars."

Speedskating seems to be gaining popularity in Canada since the 2010 Vancouver Olympics, with about 13,000 skaters registered with Speed Skating Canada.

CEO Ian Moss said public skating events like Saturday's

When and where

The skating stars will be at the Bob MacQuarrie Recreation Complex from 2:30 p.m. to 4:30 p.m. on Saturday.

event are what help boost the development of the sport.

"It's always important in every sport to have that type of public connection," said Moss. **TREVOR GREENWAY/METRO**

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1 NEWS



Coun. Mark Taylor of Bay Ward says he supports the YMCA proposal for a \$1-million renovation at the Centretown facility. TREVOR GREENWAY/METRO

\$1M YMCA reno could put roof over 30 homeless families

The catch? Proponents want city to pay for half of the transitional housing proposal



TREVOR GREENWAY
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The YMCA in Ottawa is hoping a \$1 million renovation will help put a roof over the heads of 30 additional families in the throes of homelessness. But it needs the city to chip in half to pay for it.

According to YMCA president Deirdre Speers, an average of 60 Ottawa families spend each night in a hotel

somewhere in the city.

The renovation project could slice that number in half, she said.

About \$550,000 has already been raised for the expansion through donations. If the city's Community and Protective Services Committee votes for the plan on Thursday and then gets approval from city council, the city would chip in \$400,000 for renovations.

"You want to give them a roof, but it's more than a roof," Speers told Metro Wednesday. "There are many reasons they come to us, but you want to ... give them safety and welcome them and give them the support they need to put their lives back on track."

The project would con-

vert the entire second floor of the Taggart Family YMCA in Centretown into 30 new residences. The homes would not be permanent housing, but transitional digs that would come with social services such as employment assistance, homework help for kids and counselling.

While he lauded the work of the YMCA, executive director for the Alliance to End Homelessness Mike Bulthuis says the YMCA expansion doesn't tackle the real issue of homelessness and why almost 10,000 households are on the city's social housing waiting list.

"Is this a housing solution? No, it's not," he said. "It's an improvement in their temporary quality of life. But what we

need to be focusing on as well is facilitating development of more housing or creating more rent supplements."

Mark Taylor, councillor for the Bay Ward and chair of the Community and Protective Services Committee told Metro that while the city is moving ahead with several affordable housing projects, transitional housing is needed to get people "back on their feet" before getting them into permanent digs. Without the skills to live independently, some may just become homeless again.

"Rather than just say to somebody, 'Hey, here are the keys to a unit somewhere' ... this gives us the opportunity to say, 'We will get you into housing right away. But at the same

time, we will provide you with support to get you back on your feet,'" said Taylor.

By the numbers

The number of people who accessed a homeless shelter:

- 2012: 7,253
- 2013: 6,705

Average length of stay:

- 2012: 69 days
- 2013: 73 days

New affordable housing units:

- 2012: 139
- 2013: 94

ALLIANCE TO END HOMELESSNESS

Shelters

Families First hitting home

There was an 18 per cent reduction in the number of families using homeless shelters in the city from 2012 to 2013 and the Alliance to End Homelessness credits the drop to one city program that targets families in crisis.

Over the past three years, Families First has been putting families threatened by homelessness at the front of the affordable housing lineup — a lineup that is now close to 10,000 households.

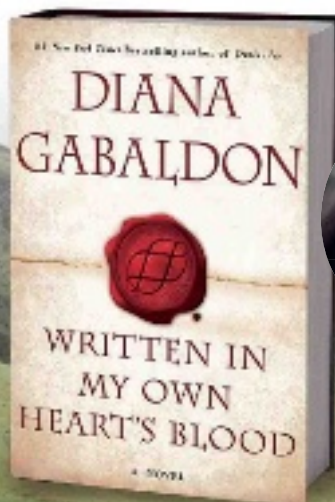
Executive director Mike Bulthuis lauded the program and says it's taking aim at the root problem of homelessness and getting families out of motels or shelters and into permanent digs.

"It's really a more targeted intervention where if a family ... says, 'We are at risk of losing our housing,' there is a more targeted approach to say 'Okay, what is the issue that you are struggling with and how can we prevent that from happening?'" said Bulthuis.

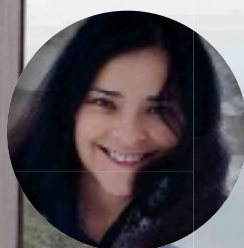
The program will help struggling families with everything from groceries to rent and even finding a new affordable home.

Bay Ward councillor Mark Taylor said Families First targets the most vulnerable residents in the city: kids.

"Not to say that it doesn't affect adults, singles and couples when they are homeless, but there is a profound impact on kids. Imagine your kids going to school every day and coming home to a shelter," he said. TREVOR GREENWAY/METRO



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Michael Bublé performs during the 2013 Juno Awards, which he also hosted, in Regina. DEREK MORTENSEN/THE CANADIAN PRESS

Michael Bublé dishes on music and being a dad

On his 10-month-old son: 'For the first time in my life, I probably get what life is about,' says award-winning Canadian singer



LUCY SCHOLEY
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Michael Bublé does not stress over his music career anymore. Sure, the 38-year-old may be seasoned when it comes to singing before sold-out stadiums around the world. He may be well decorated with Grammy and Juno awards. But it's not the experience that keeps the stage nerves at bay so much as his 10-month-old

son, Noah.

"Being a father has really made everything a lot more simple for me, and to say that it's better is not enough," he said over the phone.

"I believe, because of where my priorities lie now, that my career and music have become a much easier thing for me.... I care very deeply about it, but it's really not the No. 1 priority. So, in a weird way, it takes the pressure off and it allows me to be a lot more free," the singer explained.

"It allows me to enjoy myself onstage more."

Bublé is bringing Noah and his wife, actor Luisana Lopilato, along on tour. A self-proclaimed "Burnaby party boy," Bublé said that having them along makes it easier to

stay focused and disciplined in the athlete-like way touring requires.

"He's sitting here right now, he's got pasta on his face," said Bublé. "How can he not inspire me? I think, probably for the first time in my life, I probably get what life is about for me."

Although Bublé's tour will include the prestigious Madison Square Garden in New York, he said it will not be the same as playing a sold-out stadium in his home country.

"It doesn't matter how far I go or how big it gets," he said. "You'll always be my peers. This will always be the most important place I come to play."

Bublé is set to perform at the Canadian Tire Centre on July 2.

Event held on June 21

Bring your teddy for a checkup at annual Teddy Bears' Picnic

CHEO will be hosting a beary good time at its 31st annual Teddy Bears' Picnic. The picnic will be held

on June 21 at Rideau Hall, beginning at 8 a.m. and going until 3 p.m.

Bring along old stuffed teddies for repairs, check-ups and a visit to the dentist at the Bear Ambulatory Surgical Hospital (a.k.a. the B*A*S'H Tent).

The event will also feature carnival games, rides,

clowns, face painting and free tours of the Governor General's residence.

No parking will be available on site, but shuttles will leave from parking lots at the National Research Council (100 Sussex Dr.) and the Ottawa Baseball Stadium (300 Coventry Rd.) to and from the picnic. **METRO**



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Third Avenue

Police search for stick-up artist fended off by broom

Ottawa police are reaching out to the public to identify a male they say tried to hold up a convenience store on Third Avenue near Bank Street on the night of June 2.

According to police, the suspect, who entered the store wearing a T-shirt over

his head, grabbed the store owner in a choke hold, pressed a toy gun into his back and demanded money. The store owner fended off the would-be burglar with a broom.

The suspect fled in a waiting black Pontiac G5, which had been recently stolen from a parking garage at a Cedarwood Avenue apartment building the day before, police said.

The man is described as

a skinny and black, 20 to 25 years old, with an afro hairstyle and wearing a red T-shirt, black shorts and white basketball sneakers. To view a video of the incident, go to youtu.be/bngV5p4f_x0.

Anyone with information should contact the Ottawa Police Service's robbery unit at 613-236-1222 extension 5116 or call Crime Stoppers at 613 233-8477 (TIPS) or toll-free at 1-800-222-8477.

DENIS ARMSTRONG/FOR METRO



Police released this image of the suspect. CONTRIBUTED



A passerby gets into the spirit of a PETA protest, stripping down to his boxers. While the demonstrators urged people to go vegan, onlookers said the protest mostly just drew lewd catcalls. AMY YEE/FOR METRO

PETA's anti-meat rally rated M, for mature

Clothing optional?

Onlookers say sexed-up protest at Ottawa Ribfest distracts from message

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Meaty protest or sexploitation?

It was a question some were asking as Ottawa Ribfest opened on Sparks Street and meat lovers were greeted by three nearly nude protesters from People for the Ethical Treatment of Animals (PETA).

Each woman's body was labelled and sectioned off into standard names of meat parts while they held signs encouraging those passing by to follow vegan lifestyles.

"We're making the connection that all animals have the same parts," PETA campaigner Emily Lavender said. "We're all made of the same flesh, blood and bone."

The campaign's message is to encourage people to ditch meat, eggs and dairy, says Lavender, a diet she says is now easier to achieve with a variety of alternative foods being sold at grocery stores.

But event-goers said the display of female nudity served as a distraction from the campaign's real message.

One woman, who wished to stay anonymous, said the women were being turned into "sex objects," citing the crowds of men catcalling, laughing and taking photos with the flesh-baring PETA volunteers.

"It's a totally wrong message," she said. "It's just changing the real important topic towards just a sex topic."

Martin Dagenais, who was passing by the campaign, agreed.

"It works to attract (attention), but I also think that the message gets lost," he said. The campaign, because of its content, he added, lost half of its demographic.

"Right now you're just hitting like 50 per cent of your mark and you're deterring other women from wanting to pass that message," he said.

The event doesn't attract many people open to changing their eating habits either, said Ribfest attendee, JP Pellerin.

"I think that people coming here aren't really so worried about it," he said. "Going vegan is one big extreme, so I think not everybody's ready to do one big extreme jump."

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A 'miracle' no one hurt in Ontario tornado: Officials

'Moving forward.'

Mayor of Essa Township says around 100 homes in Angus, Ont., were damaged after twister touched down Tuesday

The mayor of a central Ontario community says it's a miracle no one was hurt when a tornado ripped through the area Tuesday.

Essa Township Mayor Terry Dowdall said about 100 homes were damaged in Angus, which is located in the township.

Dowdall, who joined emergency officials Wednesday morning to give an update on the situation, said he has never seen such destruction in the community.

"Weather seems to be changing, I think, in the province of Ontario," he said. "But I've never seen, and basically



Investigators assess the damage to homes on Wednesday, a day after a tornado touched down in Angus, Ont.
NATHAN DENETTE/THE CANADIAN PRESS

no one's seen, devastation quite like this."

The tornado blew out

windows, tore up fences and sheared off the tops of some homes when it hit at about 5:30 p.m. but caused no serious injuries.

"I think it was the right time of day," said Essa Fire Chief Cynthia Tustin, calling it an "amazing piece of timing."

"People weren't asleep ... people were up and people were able to be aware of what's going on," she said. "It was really a miracle that nobody was hurt at that time of day," added Dowdall.

Provincial police Const. Kelly Daniels said the priority now is to ensure homes are safe enough for people to go back inside and retrieve needed personal items like medication.

She says residents who have been displaced from their homes will be escorted

by police and fire officials when they go inside and it will be done home by home.

"Now that we know everyone is safe, our job is to protect their property," said Daniels.

Emergency officials also planned on holding a meeting with residents Wednesday afternoon at the Angus recreation centre to discuss what happens next.

"We're moving forward, we have a new day and a new plan," said Dowdall, adding building officials would immediately begin assessing properties.

He said efforts would be made to get people back into their homes as quickly as possible but the top priority would be to ensure the buildings are safe first.

THE CANADIAN PRESS

Controversy. Patent office pulls Redskins trademark for 'disparaging' natives

The U.S. Patent Office ruled Wednesday that the Washington Redskins nickname is "disparaging of Native Americans" and that the team's federal trademarks for the name must be cancelled.

The 2-1 ruling comes after a campaign to change the name gained momentum over the past year. The team doesn't immediately lose trademark protection and is allowed to retain it during a likely appeal.

Redskins owner Dan Snyder has refused to change the team's name, citing tradition, but there has been growing pressure, including statements in recent

months from U.S. President Barack Obama, lawmakers and civil rights groups.

The decision means that the team can continue to use the Redskins name, but it would lose a significant portion of its ability to protect the financial interests connected to its use. If others printed the name on sweat-shirts, apparel or other team material, it becomes more difficult to go after groups who use it without permission.

The case involves six registered trademarks that involve the use of the word Redskins, but it does not apply to the team's logo.

THE ASSOCIATED PRESS



A Washington Redskins helmet lies on the field Wednesday in Ashburn, Va.
NICK WASS/THE ASSOCIATED PRESS

The longest yard

Michigan prison drug-smuggling pass gets fumbled

Michigan authorities say a man tried to throw a football loaded with drugs and cellphones into the yard of a state prison.

State Trooper Toby Baker says Sunday's throw in Jackson fell short, with the football landing between two

fences, not in the yard where prisoners exercise.

An officer at the G. Robert Cotton Correctional Facility saw the man throw the football, and officers arrested the suspect.

Reports say the ball contained heroin, marijuana, tobacco and three cellphones.

Christen D. Moore, 22, was arraigned Tuesday in Jackson District Court on contraband charges. His probable-cause hearing is June 30.

THE ASSOCIATED PRESS



Backyards in Angus, Ont., on Tuesday. Scan the photo with your Metro News app for a gallery of damage caused by Tuesday's twister. GREG FACCHINI/THE CANADIAN PRESS

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U.S. border stations show their squalor

Children's faces pressed against glass. Hundreds of young boys and girls covered with aluminum-foil-like blankets next to chain-link fences. The pungent odour that comes with keeping dirty travellers in close quarters.

These were the sights from Wednesday tours of crowded Border Patrol stations in Texas and Arizona, where thousands of immigrants are being held before

they are transferred to other shelters around the country.

It was the first time the media was given access to the facilities since President Barack Obama called the more than 47,000 unaccompanied children who have entered the country illegally this budget year an "urgent humanitarian situation."

Border Patrol stations like the one in Brownsville, Texas, and Nogales, Arizona,

were not meant for long-term custody. Immigrants are supposed to wait there until they are processed and taken to detention centres. But the surge in children arriving without their parents has overwhelmed the U.S. government.

The surge, which has been building for three years, comes amid a steep overall increase in immigrant arrests in southernmost Texas.

The children are mostly from Central America. They pose a particular challenge because the law requires Customs and Border Protection to transfer them to Health and Human Services within 72 hours.

That agency's network of some 100 shelters around the U.S.A. has been over capacity for months and is now caring for more than 7,600 children.

THE ASSOCIATED PRESS



Ellen Kooijman's female scientist Lego figurines. Scan the image with your Metro News App to see a gallery of previous girl-oriented Lego products.

Lego figurines of female scientists get thumbs-up

Lego of my aspirations!
Designs aim to change outdated gender stereotypes

Not just for boys

Lego launched its Friends product line in 2012, designed to appeal primarily to girls.

- The theme includes mini-doll figures, which are about the same size as the traditional mini-figures.
- The sets include pieces in pink and purple colour schemes and often depict scenes from suburban life.

Lego is traditionally the building blocks for many a boy's happy childhood. But Ellen Kooijman, a Dutch geosciences researcher based in Sweden, is hoping to change outdated stereotypes with mini-figurine designs that include a female astronomer, a paleontologist and a chemist.

Kooijman put forward her box set called Research Institute to the Lego Ideas website where fans can pitch prospective toy sets.

But before a proposal's life in plastic becomes a reality, it must first reach Lego's required 10,000-vote threshold and pass muster before a review board before finally going into production.

The scientist spoke to Metro about her love of Lego and breaking down gender stereotypes.

When and why did you first get into Lego?

It was my favourite toy as a child, so I've built with Lego bricks almost my whole life, except for a period during my teenage years which adult fans of Lego call the "dark ages."

Are you not a bit old for Lego?

I see it as a great medium to express my creativity in three dimensions. You can basically build anything on any scale and the best thing is you can take

it apart again and build something new.

Were past Lego sets sexist?

As a female scientist, I had noticed two things about the available Lego sets: a skewed male-female mini-figure ratio and a rather stereotypical representation of the available female figures. It seemed logical that I would suggest a small set of female mini-figures in interesting professions to make our Lego city communities more diverse.

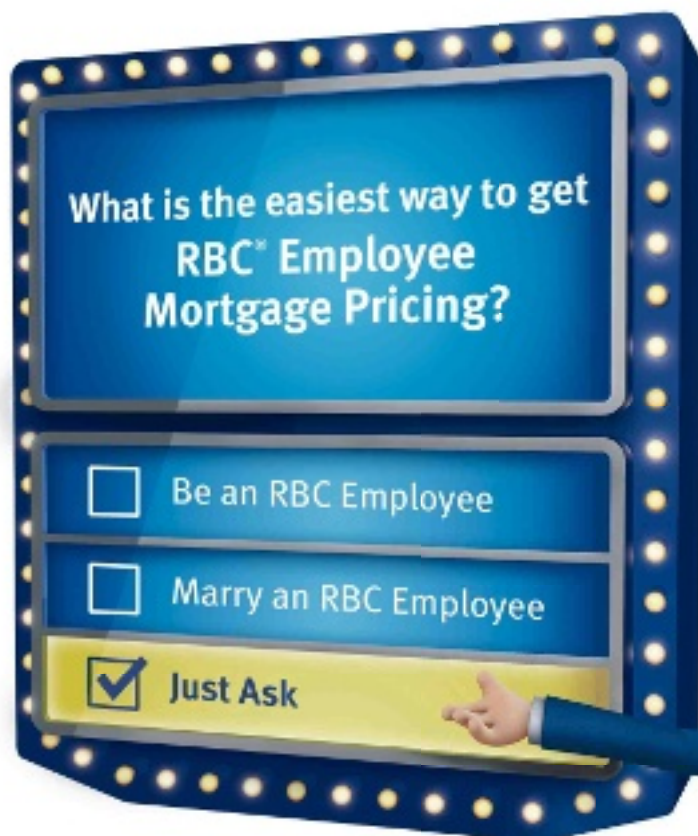
In what ways are your figurines an improvement on the toys of old?

I think Lego as a toy has always been gender-neutral in principle, since the bricks come in all colors and you can use them to build whatever your imagination can come up with. But their marketing has been more towards boys for a significant period.

METRO WORLD NEWS



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Less flooding, more optimism in Alberta

Still treading water.

Most affected residents get to stay home after voluntary evacuation issued in one town

Improved rain and river forecasts Wednesday were lifting soggy spirits in southern Alberta where heavy rainfall and swollen rivers had residents worried about evacuations and damage to their homes.

"The rain is lightening, the infrastructure is catching up to the excessive flows," said Rob Steel, mayor of Claresholm, where a voluntary evacuation centre had already been set up.

"If it stays like this, it'll just get better and better as each hour goes by."

Lethbridge Mayor Chris Spearman said concerns were eased when lighter rainfall



Will Mercier examines the flooding of his home in Claresholm, Alta., on Wednesday. People moved out of about 40 homes in Claresholm after rain continued to fall and sewers backed up. JEFF MCINTOSH/THE CANADIAN PRESS

lowered peak forecasts for the Oldman River, which runs through his city.

"Things are looking much better," he said. "To our relief,

the rainfall upstream wasn't as severe as predicted overnight so the provincial river flow forecast has improved significantly."

The same forecast was welcome news in Medicine Hat, where Alberta Environment was predicting peak flows on the South Saskatchewan River at 2,400 cubic metres per second — less than half the originally predicted figure.

But things could change.

"We're still very concerned because there's a heavy rainfall warning in effect and (by) what we see on the weather radar," Steel said, "this is still a very dynamic situation."

Even with the threat subsiding, the mess left behind is significant.

Claresholm, a town of 3,800 about 130 kilometres south of Calgary, has about 40 damaged homes — some surrounded by water and some swamped, Steel said.

About 250 homes in Lethbridge were affected, most with flooded basements.

THE ASSOCIATED PRESS

Runaway speaks. Teen who flew in plane's wheel well wanted to find mom

A Somali-born teenager who survived a flight to Hawaii as a stowaway in the plane's wheel well said he hopped on the closest flight that was going west in an effort to find his birth mom and can't believe he survived the journey.

Yahya Abdi, 15, spoke over Google Chat to KPIX-5 in his first public comments since his improbable survival during the 5-1/2-hour flight from San Jose to Maui in April. The interview was reported on Tuesday night.

Abdi, a Somali immigrant, ran away from his California home and hopped a fence at

Stuck in the air

"It was above the clouds, I could see through the little holes." Yahya Abdi, 15

Mineta San Jose International Airport. He crouched down in the wheel well of the Hawaiian Airlines flight and remembers covering his ears as the plane took off, he said.

The teen said he got on board because he didn't want to live with his stepmom.

THE ASSOCIATED PRESS

'Turn now!'

Man cited for DUI checkpoint warning

A suburban Cleveland man says police violated his First Amendment rights to free speech when they cited him for holding a sign warning motorists to turn if they

wanted to avoid a DUI checkpoint.

Douglas Odolecki, 43, warned motorists with the sign Friday night in Parma that said: "Check point ahead! Turn now!"

A Parma police spokesman said Odolecki refused to remove the "Turn now!" portion. THE ASSOCIATED PRESS



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CONGRESS OF ABORIGINAL PEOPLES PROUDLY PRESENTS:

SUMMER SOLSTICE
ABORIGINAL FESTIVAL & COMPETITION POW WOW

See you this weekend!
Remember to bring your festival program!

A Message from the National Chief of the Congress of Aboriginal Peoples

Kwan, Haida, on behalf of the Congress of Aboriginal Peoples (Congress), I want to wish you and your family the very best on National Aboriginal Day as you participate in the many weekend activities during the annual Summer Solstice Aboriginal Arts Festival 2014 in Ottawa.

I want to begin by thanking the Algonquin Nation for welcoming us onto their traditional territory to celebrate this year's festivities.

It is truly an honour for the Congress to be selected as a co-host for this year's event. I also want to recognize the tremendous efforts put forth by the National Aboriginal Day Committee to ensure the continued success of this important festival. This event has become a true testament to the rich diversity and history of the Aboriginal Peoples of Canada.

I encourage you to take part in the festivities this weekend to learn more about the First Nations, Métis and Inuit Peoples of Canada. It is through learning that the walls that have sometimes divided us in the past disappear, as we share experiences and acquire knowledge and insight about one another.

I hope to see you there as we gather together to celebrate and stand proud of our unique cultures and places in Canada on National Aboriginal Day!

In peace and friendship,

Betty Ann Levallois
National Chief of the Congress of Aboriginal Peoples



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Canada



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COMPETITION POWWOW

The heart of our festival is our competition powwow. This dance competition attracts dancers from all across Canada to compete for our \$75,000 in prizes. Watch them in their various dance categories all weekend long! There will even be "intertribals" where everyone is welcome to dance!

- Friday starts at 6pm (non-contest)
 - Saturday from 12pm to 9pm
 - Sunday from 12pm to 6pm
- Don't miss Grand Entry at 12pm each day!



Aboriginal Marketplace

Indulge yourself and stroll through the Aboriginal Marketplace where you can find original and hand-made treasures. With over 50 Aboriginal craft vendors from across Canada – you'll be sure to take home some beautiful and authentic work! Aboriginal vendors sell everything from fashion accessories, crafts and real moccasins made by hand! Try a Buffalo Burger or Indian Taco which are famous along the powwow trail or fresh pickerel and wild rice!

ARTS AND CULTURE PROGRAMMING

Friday 5 – 8 pm / Saturday 10am – 7 pm / Sunday 10am to 6 pm

Visual Arts Pavillion with Simon Brascoupe

- Interactive lantern building workshop
- Metis & Inuit Artist Demonstrations
- Community Art Petroglyph Mural Project

Algonquin Living History Pavillion with Pinock

- Algonquin Living History display – birch bark wigwams, tools, hides, etc
- Interactive birch bark canoe building demonstration
- Exhibit – Elders & Youth Legacy project – snowshoes, birch baskets

Visit the Algonquin Living History Pavillion with Pinock. Watch a birch bark canoe being built and visit a wigwam.



ONGOING FREE FAMILY FUN

Friday 5 – 8 pm / Saturday 10am – 7 pm / Sunday 10am to 6 pm

- Free Pony rides by Grand Prix Breeders
- Bungee Trampoline
- Arctic Expeditions Obstacle Course & bouncy castle
- Ottawa Stilt Walkers in Aboriginal characters
- Face painting
- Birds of Prey Show



The Jumps! Bungee Trampolines



SUMMER SOLSTICE ABORIGINAL FESTIVAL AND POWWOW 2014

June 20/21/22

Vincent Massey Park



MAINSTAGE Friday June 20th

- 7:00pm Caveman Techno
- 8:00pm Andrea Menard
- 9:00pm Māina: Film Screening



MAINSTAGE Saturday June 21st

- 10:30am Kehewin Native Performance, Trickster Trilogy
- 11:30am Family Performance (Birds of Prey show)
- 1pm - 3PM Perfecting Your Performance
- Live Music performances with industry panel (Denise Bolduc, Amanda Rheume, Andrea Mendard).
- 3:00pm Family Performance (Birds of Prey show)
- 4:00pm Cheri Marade, Paddle Song
- 4:45pm Shawnee
- 5:30pm Tonia Jo Hall (Comedian)
- 6:00pm Amanda Rheume Mainstage
- 6:30pm A Promise is a Promise – Rag and Bones Puppet Theatre
- 7:30pm Debajehmujig Theatre, Global Savages
- 8:30pm Southern Lights Spectacle Parade of Lanterns & Drums
- 8:45pm Southern Lights Spectacle – Dance, Fire Hoops & Pyrotech show.



MAINSTAGE Sunday June 22st

- 10:30AM Dong Zu Dage, Kam Grand Choir
- 11:00AM Cultural Performance by Jaime & the Jiglets
- 11:30AM Fashion Showcase by Nunavik Creations (Sealskin clothing)
- 12:00PM Cultural Performance by Inuit Throat Singers
- 12:30PM Fashion Showcase by On da Rez
- 2:45PM Cultural Performance by Russell Wallace and Kalan Wi
- 1:15 PM Fashion Showcase by Morning Mist Designs and Manitobah Mukluks
- 1:45PM Cultural Performance by Inuit Throat Singers
- 2:15PM Fashion Showcase by Roseys Trading Post
- 2:30PM Cultural Performance by Jaime & the Jiglets
- 3:00PM Fashion Showcase by Aboriginal Apparel
- 3:15PM Fashion Showcase by Bruno Henry
- 3:30PM Cultural Performance by Russell Wallace and Kalan Wi
- 4:00PM Fashion Showcase by Swirling Wind Designs
- 4:15PM Cultural Performance by Jaime & the Jiglets

FOUR DIRECTIONS TENT Saturday June 21st 10:30-7pm

- Ongoing traditional teachings with Elders
- Register to make your own rattle (\$40 materials)
- Wampum belt teachings
- Print your own native design tshirt (\$5 materials)
- Traditional cooking demo by Wawatay Catering

FOUR DIRECTIONS TENT Sunday June 22nd

- Aboriginal Music Workshop
- 10:30 am From the Land, Men's Drum Workshop by Northern Cree
- 11:30 am Music Composition Workshop by Russel Wallace
- 2:30 pm Music Industry 101 and Funding Resources. Ottawa, Ontario & Canada Arts funding.
- 3:30 pm Building your Audience. Suzette Amaya, Shawnee.

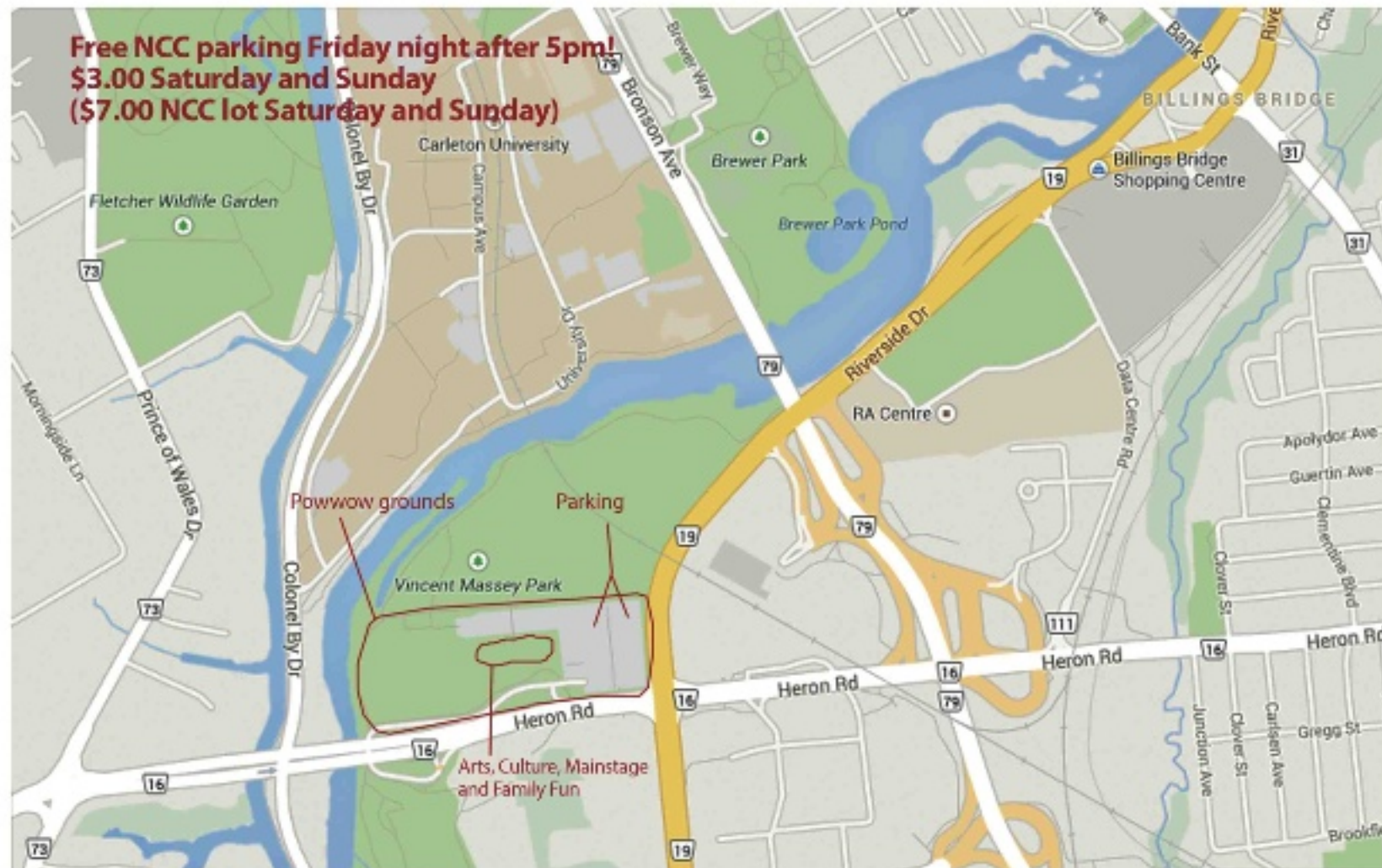


Juno-nominated Métis Artist, Amanda Rheume. Come watch her live Saturday evening



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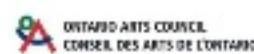
Thank you to our
National Aboriginal Day Committee



About Summer Solstice

The 18th annual Summer Solstice Festival was created in honor of National Aboriginal Day, June 21st. What better way to kick off the summer and celebrate than with this 3 day FREE event that is enriched with Aboriginal culture, history and activities! From live entertainment to cultural pavilions and a vibrant competition powwow. This festival will surely keep the entire family entertained all weekend long! Submerge yourself into the Aboriginal culture and enjoy all the FREE programming we have to offer!

Meegwetch! Thank you! to our sponsors





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*Offer valid Friday, June 20, 2014 from 6pm – midnight. Not valid in Quebec and British Columbia. While supplies last. No rain checks. Selection may vary by store. Valid in-store only. Not valid on previous purchases. See store for details. **Offer valid in-store only. Limit 2 per customer. Offer valid on black-brown 302.181.11 and white 702.181.09 only. †Offer valid in-store only. Limit 2 per customer. Offer valid on black 401.075.08 and dark brown 601.075.07 only. © Inter IKEA Systems B.V. 2014.

Will Amazon blaze a new path with the Fire phone?

The everything store.
CEO Jeff Bezos unveils the phone in Seattle

Amazon has introduced a new smartphone with audio and object recognition technology that seeks to make it easier for consumers to locate and purchase products and services from America's largest e-commerce company.

Specs and features:

- The phone is smaller than leading Android phones, but larger than Apple's iPhone. CEO Jeff Bezos calls the screen, measuring 4.7 inches diagonally, ideal for one-handed use.

- The new Fire phone also adds such features as the ability to render images in 3D. You can rotate the phone and get a different

view depending on your angle of vision. Bezos calls this "dynamic perspective" and said the phone is basically redrawing the image 60 times per second.

- The Fire phone will bring features found in other Amazon devices, such as X-Ray for supplemental content and Mayday for live tech support. There's also access to ebooks, which members can borrow with Amazon's \$99 US-a-year Prime program.

- Firefly is the centrepiece of the new phone. Snap a photo of a book, and it'll help you buy it, either as an ebook or a physical copy. Listen to a song playing in the background, and it'll direct you to that tune on Amazon. It can even direct you to facts and data, by showing a Wikipedia entry with information about a

painting you snapped. The feature will also let you snap bar codes, phone numbers and more.

Availability:

- The phone will be available July 25 in the U.S. exclusively through AT&T. People can start ordering it Wednesday.

- Prices are comparable to those of other leading high-end phones, but the Fire will have double the storage. It will cost \$200 for a base model with 32 gigabytes and \$300 for 64 gigabytes. Both require two-year service contracts. Without contracts, they will cost \$650 and \$750.

Not a first:

- Facebook once tried to release a phone tied to its services. The HTC First, released in April 2013, came with Facebook's Home

software, which takes over the phone's front screen to present status updates, messages and other content. Both the phone and the software flopped.

- Google also has its own phones under the Nexus brand, mostly to showcase its Android operating system. Google makes Android available for free for any phone manufacturer to use and modify. That makes it difficult to know what's really Android and what's a modification.

The backdrop:

- Amazon.com Inc. got its start in books and soon moved into music, video, devices and more. Analysts believe the goal of an Amazon-branded smartphone is to get customers to buy more things from the nation's largest e-commerce company. **THE ASSOCIATED PRESS**



Amazon CEO Jeff Bezos introduces the new Amazon Fire phone on Wednesday in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

Market Minute

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Meanwhile, iPhone is still the first choice in Canada

BlackBerrys are vanishing in Canada while Google Android ownership grows steadily, but Apple's iPhone (pictured) is still the most popular smartphone in the country, suggests a new report.

About 85 per cent of the adult anglophone population now has a cellphone, while three quarters of them carry a smartphone, according to a report by the Media Technology Monitor, based on telephone surveys this spring with more than 2,000 Canadians.

The iPhone was the device of choice among 42 per cent of the smartphone owners, while a variety of phones on the Android platform collectively made up 39 per cent of the market.

To no one's surprise, the MTM survey found BlackBerry's share of the market has withered away in its home country. In 2009, 61 per cent of Canadian smartphone owners said they used a BlackBerry. Now, just 14 per cent call themselves devotees of the struggling brand. BlackBerry's

marketshare plunged by half in the past two years, according to MTM.

While Apple initially won over most of the consumers who abandoned their BlackBerrys, the Android platform has seen more growth in recent years.

Samsung in particular has made the most gains. Its line of Galaxy phones now accounts for 61 per cent of the Android devices in Canada, and 24 per cent of the overall smartphone market, MTM says.

Consumers in the 18-to-34 demographic and those with an income under \$75,000 were more likely to use an Android phone, while buyers over 35 with higher incomes were more likely to choose an iPhone.

Cellphone ownership has barely budged up in recent years — suggesting that whoever wants a mobile phone already has one — but the number of smartphones being used is increasing.

As recently as 2011, the split of smartphones versus older cellphones in Canada was 50/50. And in 2009, just one in five mobiles phones in

BlackBerry and Amazon

BlackBerry Ltd. is adding the Amazon Appstore in the next update to its operating system this fall.

- The move will give users of the BlackBerry 10.3 operating system easy access to thousands more of the most popular Android apps and games. The smartphone maker has been criticized for the lack of applications available for its devices.

- By adding the Amazon App store, BlackBerry says its app developer program can put more emphasis on business and productivity applications. The Waterloo, Ont., company has been working to return to its business-focused roots as consumers have flocked to Apple and Android smartphones.

Canada were smartphones. Now, just under 80 per cent of Canadian phone owners have chosen a smartphone.

THE CANADIAN PRESS

SUMMER READING STARTS NOW

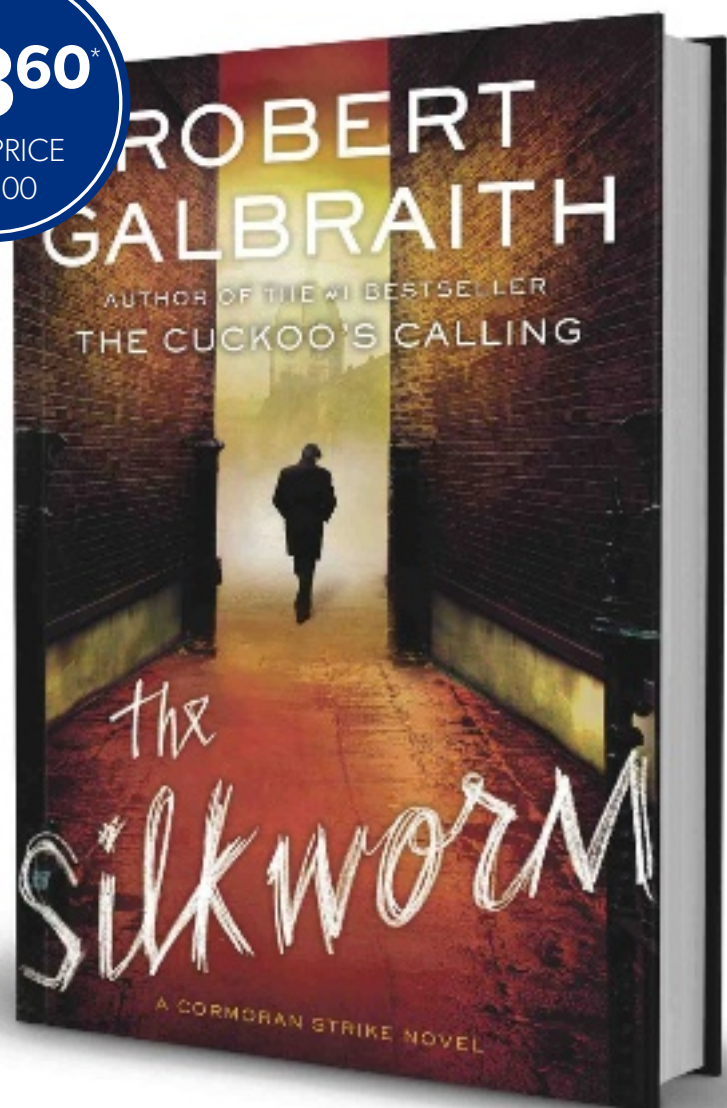
The Silkworm

by **Robert Galbraith**

A writer is missing, and there's a brutal, devious killer on the loose. Private detective Cormoran Strike is on the case, but he's about to discover there are some stories that don't want to be told.

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DON'T HATE SOCCER BECAUSE IT'S BEAUTIFUL

Why do some people hate soccer so much?

As the World Cup unfolds with the impressive array of Google doodles it's known for, people from all over the world are crowding around TVs in colourful clots to cheer on The Beautiful Game. But as Pantene taught us in the '80s, sometimes people hate you because you're beautiful, despite your protestations.

Soccer is wildly popular in my city (Toronto), but my Facebook feed, Internet comment boards and the occasional overheard conversation show me that people who don't like soccer feel deeply about it in a way usually reserved for heated emotional topics: abortion, euthanasia, Nickelback.

Soccer fandom isn't mandatory, but the need of many Canadians to loudly let you know how much they hate the game strikes me as over the top — the equivalent of a player who grabs his shin and plummets to the ground, face contorted, as if he stumbled upon a particularly strong pocket of gravity. Check any Internet forum. You'll see people write under soccer stories about how much they hate soccer, often in



HE SAYS
John Mazerolle
metronews.ca

dismissive, angry terms.

Reading Internet comments is like wilfully exposing yourself to radiation, but here's a real quote I dug up in about 18 seconds of research (lost some hair, but I'll be OK): "Ahhh Soccer the sport of choice for the 3rd world and poor unwashed masses."

Good point, anonymous dude, but I for one think it's nice the Dutch, Australians and Japanese have a game to distract them from the squalor of their failed nations.

Soccer is Canada's most widely played sport, so if you consider "foreign" a detriment then you'd best avoid lasagna, too. Of course, many on-line soccer detractors are the same people who write under every news story about how multiculturalism is a failure because 100 per cent of the people in their

basement are white males. Consider the source. But it's not just the xenophobic online crazies who give soccer a rough ride. I've seen two World Cup games in public so far, and both times one guy, apparently dragged there by friends, felt com-

pelled to let others know mid-game that hockey is better, as if one couldn't be a fan of both sports simultaneously. Despite the low scores, soccer doesn't need to be a zero-sum game.

The complaint from hockey fans is almost always the same: Hockey players are tougher than soccer players because soccer players dive a lot and then there's a hilarious joke about a diving team. And, fine, there is too much diving. But it's just one form of the cheating that exists in all sports. It doesn't excuse it, but it's universal.

I've heard people ask why it's allowed to continue with the frequency it does ("Aren't they embarrassed?"), but many baseball fans absolve successful players of their steroid use faster than it takes Big Papi to run the bases.

Not in honour-bound hockey? Well, there's the whole cheating thing where players bruise each other's brains and occasionally crack a vertebrae or two by smashing into their heads from behind at 40 km/h. At least in soccer's cheating, nobody gets hurt, quite literally.

So, whether you're a soccer fan or not, let's live and let live. It's a game the whole world loves, and that's a beautiful thing. Let us instead unite in our hatred of Nickelback. Olé, Olé, Olé!

ZOOM

iMages of the year



Felicia Pandola, from Providence, R.I., took the nature category by storm, so to speak, with this foreboding beach pic. ALL IMAGES COURTESY IPHONE PHOTOGRAPHY AWARDS

Photogs win bars of gold for iPhone pics

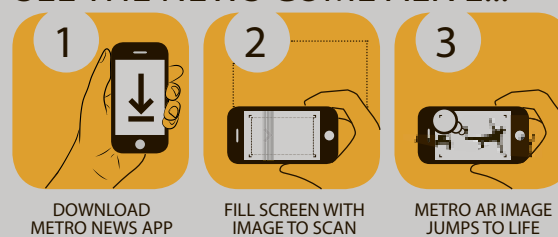
As all your brilliant selfies have no doubt already shown you, you don't need a fancy camera to take great shots. The iPhone Photography Awards, running annually since 2007, showcase the best images taken with, and edited on, an iPhone, iPod or iPad. This year's winning entries were submitted by 54 photographers from 17 countries. And they weren't just competing for the glory: Each first-place winner, aided by their trusty Apple device, received a gold bar from a private mint. Can your DSLR do that? **METRO**



Michael O'Neal said he pulled out both his DSLR and iPhone when he encountered this guy at Colter Bay Beach in Wyoming, but the iPhone shots trumped the "real" camera ones. He won for the animal category.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 10 and 12 in News, page 21 in Life and page 25 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Here a duck, there a duck, everywhere a duck duck ...



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's nice to think that, when the calendar flipped to 2014, we all silently vowed to put the "Would you rather fight one horse-sized duck or 100 duck-sized horses" question to rest forever.

Sure, it's amusing and can provide rich territory for mining clever answers. But it really only carried as many uses as a razor blade. Plus, we have new video evidence of what a duck-sized-horse stampede would look like. Suddenly, the choice is easy. (OK Go/YouTube)



GETTY IMAGES

Artist Adrian Gollner's clay creations are music to his ears

Playing with clay.

Gollner's vases are inspired by the potential physicality of sound



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Hundreds of years from now, Ottawa contemporary artist Adrian Gollner dreams of archeologists studying his creations, just to hear what life sounded like in the old days.

"An archaeologist in the early '80s proposed this idea that ancient pottery may contain ancient sound," says Gollner. "When the pottery was being formed on the potter's wheel (the theory was), that they acted like these giant Edison cylinders and that supple surface inadvertently absorbed sound and vibration and, soon enough, he believed we would have the technology to be able to play them back."

That archaeologist's theory has since been disproved but Gollner says the



Adrian Gollner's vase-recording process showing the creation of a vase with alarm clock ringing. ANDREW WRIGHT

notion of soft clay acting as a viable recording surface has stuck with him ever since.

Last year, he teamed up with ceramicist Carolynne Pynn-Trudeau to create his Vase Recordings.

"We set up the studio with a diaphragm and a needle and we do these live performances and scratch sounds onto the sides of these vases in the leather-hard phase, sort of partially dry but not all the way, and we make a recording," Gollner explains.

"I haven't been very successful in getting any sound back off of them but, in many ways, you don't have to when you have the vase in front of you and it's entitled Vase with Sound of a Child's Voice or Vase with Sound of Summer Rain — you have a mental recording of those things and our conception of those things sort of competes with the physicality of the object itself."

Gollner came to the concept in a somewhat roundabout way.

"I started with these

drawings in which I was mining old alarm clocks for energy that was preserved on the clock springs, making drawings from those," he says.

"That sort of began an investigation into other analog technologies, including something called a reproducer player piano. Through that technology, I was able to get, essentially, new drawings by George Gershwin or Gustav Mahler, people who died a long time ago."

Gollner then started to consider vinyl records, call-

ing them "a physical echo of the original event," and even though it's impossible to play back any of the sounds recorded on his vases, Gollner envisions future generations one day making a groundbreaking discovery.

"These are designed for future artifacts. It is a romantic notion," he says.

Details

For more about the artist, visit adriangollner.ca.



Vases by Adrian Gollner. ANDREW WRIGHT

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OTTAWA



Melanie Griffith

Griffith proves a little cover up goes a long way in helping hide her past

If her arm is any indication, Melanie Griffith was apparently serious when she filed for divorce from husband Antonio Banderas after 17 years of marriage.

Griffith has a tattoo of a heart with the name "Antonio" in the middle just

below her shoulder, but when the actress showed up at the Taormina Film Festival in Italy she applied heavy make-up to cover up the name, according to Getty Images. The heart surrounding the name was still visible, though, but with a big hole in it.

Mel Gibson giving a cold shoulder to eastern European women

Mel Gibson's bitter legal battle with ex Oksana Grigorieva has apparently soured him on Russian and Ukrainian women in general.

"He doesn't communicate with Ukrainian or Russian girls anymore. If Mel knows you're from there, he kind of just turns around and leaves," actress Natalie Burn, who plays Gibson's wife in *Expendables 3*, says, according to *Star* magazine. And that became a problem, because Burn herself was born in the Ukraine. "The producer was very nice, and he advised me not to tell him,"



Mel Gibson

she says, explaining that when Gibson asked if she was Brazilian she replied with, "Yeah, that works."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

More Head-ey games from GOT star

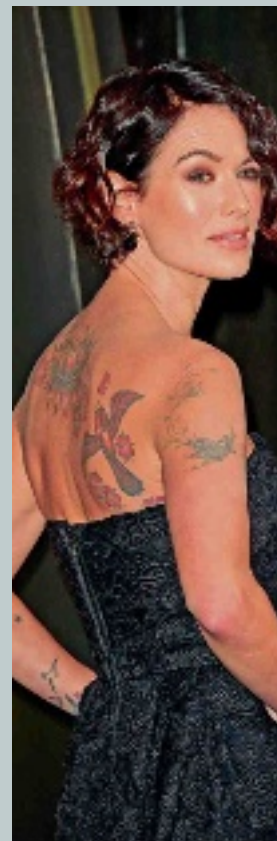
MELINDA TAUB
Metro World News

Lena Headey is a monster. I don't mean that her *Game of Thrones* character, Cersei Lannister, is a monster, though that's true. I mean that she herself is a stone cold sociopath. She's toying with GOT fans and she doesn't even feel bad about it.

Headey appeared on Jimmy Kimmel Live wearing a shirt that says "I'm not sorry," surrounded by a heart. It's a clear reference to her Instagram head games, and she should be sorry, because she's driving people to madness.

Her Instagram has been alarming GOT fans' delicate spoiler radar for some time now. Three months ago she posted a picture of herself fooling around with her costar Pedro Pascal, who played Oberyn Martell — specifically, a picture in which she's got her thumbs over his eye sockets. Of course, as we've since learned, Oberyn got his head crushed by the Mountain, which makes Headey's skull-mauling photo a spoiler.

Two months ago, Headey posted another seemingly spoilerific photo: A bunch of rocks arranged into the shape of a heart, captioned "my stone heart." Fans of the books know that a character named Lady Stoneheart



makes an important appearance, and they assumed that Headey had once more spoiled one of this season's major plot twists. However, the finale has come and gone, and there's no sign of Lady Stoneheart.

In other words, she's messing with us. And now she's taunting us about it. I think Lena's been a Lannister for too long.



Justin Bieber ALL PHOTOS GETTY IMAGES

Source claims Bieber rolled 'burrito-sized joints' in his van in 2012

Apparently Justin Bieber's hard-partying ways that have been getting him into trouble lately aren't a new development, at least not according to photos provided by a fan to Radar Online of Bieber and company turning his van into a weed- and beer-fuelled mobile party on a September 2012 trip to Knott's Berry Farm in Buena Park, Calif.

"They hot-boxed and drank Heinekens from the

fridge Justin keeps in the van," the anonymous source says. "There was no bong or anything, just Justin rolling his own burrito-sized joints. I mean, f—ing huge." Among the revellers was Bieber's then-girlfriend, Selena Gomez. "Everyone smoked, including Selena," the source says. "We smoked at least six joints and were high as a kite by the time we rolled into Knott's."

Katy and Rob sitting in a tree, K.I.S.S.I.N.G

Robert Pattinson and Katy Perry were reportedly "all over each other" after the L.A. premiere of his new film, *The Rover*, according to *Us Weekly*.

"When Rob saw Katy his eyes lit up. She looked gorgeous in a lace sequin black mini-dress, and they hugged and kissed," a source says. "At least 10 hotties were hovering around Rob, but his focus was on Katy. He kept kissing her the entire night. When Katy got up from a sofa that was in front of a fireplace, Robert walked over to her. They kissed and hugged again. They were clearly trying to



Katy Perry

stay under the radar, but they couldn't help showing their feelings."

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Scan this photo with your Metro News app to see Ralph Lauren presented with an award by the First Lady.

The nice guy with neckties

Ralph Lauren. As the designer is honoured by the Smithsonian for his work, he reflects on his journey to the top

He's a designer who has gone from selling ties from a drawer at the Empire State Building in 1967 to running a corporation with 25,000 employees.

Ralph Lauren was honoured Tuesday by the Smithsonian Institution for his career and to mark the 200th anniversary of the original flag that inspired the writing of the U.S. national anthem.

Lauren was awarded the James Smithson Bicentennial Medal "for his embodiment of the American experience" and for "supporting artistry, creativity, innovation and entrepreneurship for more than five decades."

Lauren sat down with media to discuss his five decades in fashion.

What drew you into the world of fashion originally?

Luck. No, you know I never went to fashion school. I somehow was a young guy, grew up in the Bronx and ... I don't know how I can put it together, whether it's movies or it's being in a world where you can read books and go to movies and dream.

Also being the youngest child in the family and getting all hand-me-downs and sort of saying, 'Wait a minute, I want my own clothes.'

So when your parents are not able to afford the kind of clothes (I wanted) as a kid growing up, I had to work myself and earn my way and buy my own things. I just



Ralph Lauren celebrated five decades of fashion on Tuesday with a celebration by the Smithsonian. THE ASSOCIATED PRESS

wanted to look like one of the guys and have the girls look at me.

What does this award from the Smithsonian mean to you?

It's probably the greatest honour one could have. The honour is mine to give to them because I'm part of this country.

What do you consider your career highlights?

I started with neckties, which are a very small thing and people aren't even wearing them today. Neckties helped start my career. When a man wore a tie, it had to make a statement.

I think every time I created a new brand, from men's to women's to children to home, they were interesting elements.

My clothes are not about fashion. They're about living.

Quoted

"I started with neckties, which are a very small thing and people aren't even wearing them today. Neckties helped start my career."

Ralph Lauren

They're about how you live and how you want to live. And they're not about in-and-out fashion that's trendy or the hot news of the day. I think most people want stability. They want to feel that if they go out and buy something, they want good quality, good value for their money. They don't want to spend it frivolously and find that it's out of style.

How do you define your philosophy of fashion?

I can say that I'm about style, not fashion. I'm about timeless style, about quality, and that doesn't mean it has to be

boring.

That means it's something that continues on because I don't throw out my clothes. The suit that I'm wearing is an old suit. I didn't just make this suit. I like the familiarity in a way because it's mine ... People say, 'I've worn your clothes for years and my child loves your clothes, my little girl loves your clothes.' I've been very connected to the people out there that buy my things and who appreciate it.

And sometimes they stop and say it, so that's very nice.

THE ASSOCIATED PRESS

You may have a dozen little black dresses but do you have enough little white dresses? Go online to Trends Report to see how some of your favourite celebs are styling the 'LWD' on the red carpet, and brighten up your wardrobe this summer.

- **Online.** Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images



Canadian street style

Spotted in: Toronto

Name: Sarah

Age: 27

Occupation: Graphic Designer & Yoga Instructor

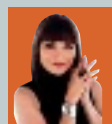
What she's wearing: Hat from Frock, jean dress

from Mendocino, Grey dress from Local Designer Sara Duke 'I made this for you,' necklace from Purr Clothing in Calgary, sandals from Call it Spring and Bookhou purse.

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PLUS
HOMES

3
LIFE

Hello, sailor!

One of the simplest ways to summer-ize your space is by adding white and blue to your existing decor. Nautical accessories create a crisp look during hot weather months and look great with almost any colour scheme. Ships ahoy!



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Bold as brass

Trendsetting brass is back and looks ship-regal when paired with bright white and navy blue. Hang from tree branches or use to create a nautical table centrepiece. Outdoor brass candle lanterns from \$129, Homesense.ca

Drop anchor

Welcome your sailor home by anchoring the front door with a hearty, foot-swiping mat. Anchor Floor Mat, \$29, WestElm.com



In the navy

Bright white porcelain banded with navy creates a classic summer table setting. Roulette Blue Band Dinnerware, 16 pieces, \$175. CrateAndBarrel.com

The A, B of seas

Scrub up while learning the international maritime flag alphabet. Heavy-gauge 100 per cent PEVA curtain with nickel-plated grommets. Signal Flag Shower Curtain, \$33, BedBathAndBeyond.ca



Pillow talk

A vintage nautical-inspired print for dreaming sailors. Sea Anchor Pillowcase, \$20, Simons.ca

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Play dress-up with your barley burger

Backyard bites. This vegetarian burger is made with an ancient grain that will not only fill you up, but is good for you, too!

“Fire up the grill!” write Pat Inglis and Linda Whitworth in their book *Go Barley*.

“These vegetarian barley burgers are simple and easy to make. Serve in buns and top with salsa or wasabi stirred into mayonnaise, as well as lettuce, sliced tomatoes, and onions.

“You can also add a slice of cheese while browning the second side.”

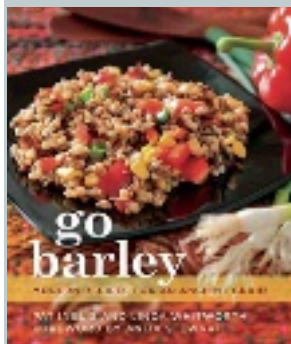
1. In a medium saucepan over high heat, combine barley and water; bring to a boil. Reduce heat and cover pan; simmer for 45 to 50 minutes or until barley is tender. If necessary, drain any excess water. Spread in a shallow dish to cool.

2. In a large skillet over medium-high, heat half of the oil. Add onion, garlic, and carrot; stir and cook for 3 minutes or until vegetables are tender. Add mushrooms and cook until any liquid evaporates. Add parsley, lemon rind, salt, and pepper. Combine mixture with barley. Stir in 1/2 cup (125 ml) of the bread crumbs. Place in a food processor and process until mixture holds together but you can still see some of the barley.

3. On a plastic-wrap-lined tray or baking sheet, spoon mixture into 6 portions;

Cookbook of the Week

Modern cooking with ancient grain



Go Barley by Pat Inglis and Linda Whitworth shows readers how to transform their favourite dishes into nutritional powerhouses with the addition of the ancient grain. High in fibre, barley has been proven to lower cholesterol and promotes digestive health.

It blends well into mains, sides and desserts, and can even be used in flour form.

Among the recipes in the book are: Barley Minestrone, Sweet and Sour Chicken Barley Casserole, Barley Banana Bread, Double Chocolate Brownies, and more. **METRO**

shape into patties and coat with remaining bread crumbs.

4. In a large skillet over medium-high, heat the remaining oil and cook burgers 5 minutes per side or until browned and crisp. Alternately, heat the barbecue to medium-high and



TOTAL GRILL TIME ABOUT 10 MINUTES

This recipe serves six. THE ALBERTA BARLEY COMMISSION (GOBARLEY.COM)

generously spray the grill with oil. Barbecue for 5 minutes per side.

RECIPES EXCERPTED FROM *GO BARLEY* BY PAT INGLIS AND LINDA WHITWORTH (TOUCHWOOD, 2014). YOU CAN FIND THIS RECIPE AND MORE AT GOBARLEY.COM.

Ingredients

- 1 cup (250 ml) pearl barley
- 3 cups (750 ml) water
- 2 tbsp (30 ml) canola oil, divided
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 1 small carrot, finely chopped
- 1/2 lb (250 g) mushrooms, chopped
- 2 tbsp (30 ml) chopped parsley
- 1 tsp (5 ml) grated lemon rind
- 1 tsp (5 ml) salt
- 1/2 tsp (2 ml) pepper
- 2 cups (500 ml) fresh bread crumbs, divided



This recipe serves six. THE ALBERTA BARLEY COMMISSION (GOBARLEY.COM)

Side. Layered Barley Salad

1. In a medium saucepan over medium-high, heat oil. Add onion and sauté until softened, about 2 minutes. Stir in barley and chicken broth. Bring to a boil; cover pan and reduce heat to simmer for 40 minutes, then cool.

2. In a large, tall glass serving bowl, layer torn mixed salad greens and thinly sliced red onion. Spoon cooked barley overtop, then layer ham, tomatoes, olives, and cucumber. Store in the refrigerator until ready to serve. Add dressing just before serving and toss lightly.

Ingredients

- 1 tbsp (15 ml) canola oil
- 3 tbsp (45 ml) chopped onion
- 1/3 cup (75 ml) pot barley
- 1 cup (250 ml) reduced-sodium chicken broth
- 4 cups (1 l) salad greens
- 1/3 cup (75 ml) sliced red onion
- 11/2 cups (375 ml) each diced cooked ham, halved grape tomatoes
- 1/2 cup (125 ml) pitted and sliced Kalamata olives
- 3/4 cup (175 ml) diced English cucumber
- 1/2 cup (125 ml) balsamic or sun-dried tomato salad dressing

For your phone

Kitchen Stories (iPad; \$1.99)

This very handy guide to the six main types of cheese and their best wine matches comes from two experts who



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

helpfully explain the dynamics using engaging videos and articles.



Scan the image with the Metro News app for more photos from Day 7 of the World Cup

Group A

Mandzukic leads Croatia to send Cameroon home

Mario Mandzukic scored two goals Wednesday to keep Croatia in the mix at the World Cup with a 4-0 win over 10-man Cameroon, which cannot now advance from the group stage.

Mandzukic, who returned to the team at the Arena da Amazonia after sitting out the opening loss to Brazil through suspension, headed in a corner from Danijel Pranjinic in the 61st minute and then knocked in a rebound in the 73rd of the Group A game.

Ivan Perisic also scored one goal and made another for Ivica Olic.

THE ASSOCIATED PRESS

Nigeria

Bomb blast kills 14 watching World Cup

Survivors of a bomb blast at an illegal World Cup viewing site in northeast Nigeria that killed at least 14 people said Wednesday the force of the explosion blew off limbs and knocked people senseless.

Unrelated to the attack, police said security forces arrested nearly 500 people, including a "terror kingpin" in the southeast of the country.

At least 26 people were wounded in Tuesday night's blast as soccer fans were viewing the Brazil-Mexico match in Damaturu, the capital of Yobe state, police said.

THE ASSOCIATED PRESS

Hasta la vista, Spain

Eliminated. Chileans oust mighty Spaniards with a 2-0 win

Defending champion Spain, the dominant global football power for the past six years, was eliminated from World Cup contention Wednesday with a 2-0 loss to Chile.

Spain's famed passing game failed against a high-tempo, tenacious Chile team, its era ending in the storied Maracana Stadium filled mostly with Chilean supporters.

Eduardo Vargas tricked goalkeeper Iker Casillas into diving the wrong way, then shot into an unguarded goal in the 20th minute. Charles Aranguiz scored in the 43rd when the ball landed at his feet after Casillas punched out a free kick.

Spain's second loss, after a 5-1 rout by the Netherlands, ended any hope of advancing. In Group B, Chile and the Netherlands will both advance, regardless of who wins the game between them.

Spain won the European Championship in 2008 and 2012, in addition to the 2010 World Cup.

Spain came to Brazil with a very similar — but older — team than the one that won those titles. They added Brazilian-born striker Diego Costa, but he failed to score a goal.

Their "tiki-taka" style of play — keeping the ball for long stretches with short passes, and only shooting when you had a clear opening — had not been working as well in recent years. Brazil defeated Spain 3-0 in last summer's Confederations Cup, a warm-up for the World Cup.

Spain became the third straight European defending



Sergio Busquets of Spain reacts after a missed scoring chance against Chile on Wednesday in Rio de Janeiro, Brazil. JAMIE SQUIRE/GETTY IMAGES

Group B

0	2
Spain	Chile

World Cup champion to flop in the group stage. France in 2002 and Italy four years ago also failed to advance, or even win a match.

Badly needing a win, del Bosque stayed loyal to captain Casillas despite the veteran goalkeeper's errors against the Dutch.

Two pillars of Spain's title runs, Barcelona pair Xavi Hernandez and Gerard Pique with

a combined 194 appearances, were left out.

Xabi Alonso probably should have joined them. His agonizing first half typified Spain's problems and his errors led to both goals.

And Alonso's selection left a younger version of his former self, Atletico Madrid's Koke, on the bench until the logical change was made at half time.

Alonso gave away the ball to Alexis Sanchez to start a move down Chile's right wing by Arturo Vidal and Aranguiz, leading to Vargas' score. Alonso trailed behind the play and put his hands to his head.

Alonso was booked in the 40th before conceding another foul, on Sanchez, three minutes later 20 meters out.

When Casillas punched

away Sanchez's curling free-kick, Aranguiz trapped the ball then flicked a rising shot spinning away from the goalkeeper's reach.

Alonso had Spain's best early chance, a 15th-minute shot smothered by Chile goalkeeper Claudio Bravo.

Often wayward in its passing, Spain missed two clear chances early in the second half.

Costa was slow on Andres Iniesta's threaded pass in the 49th, and Sergio Busquets was guilty of a glaring miss, volleying wide from five meters in the 53rd.

After Bravo pushed away shots by substitute Santi Cazorla and Iniesta, Chile's win was sealed.

THE ASSOCIATED PRESS

Dutch edge Socceroos in frantic match



Memphis Depay of the Netherlands celebrates his team's victory over Australia on Tuesday, in Porto Alegre, Brazil. VINICIUS COSTA/GETTY IMAGES

Louis van Gaal can pinpoint the moment he knew his Netherlands team would be able to hold off Australia and secure the win that ultimately put them through to the knockout rounds of the World Cup.

With just over 20 minutes to go in a frantic, seesawing match, Australia missed a golden chance to take a 3-2 lead.

Van Gaal saw that as the sign and turned to his assistant coaches to tell them.

"I said to Patrick Kluijver and Danny Blind, 'We're going to win this match because if

they miss that kind of chance, we will score the goal.'"

Seconds later, he was proved right. From the very next attack, substitute Memphis Depay drove a swerving, speculative shot toward the goal from 25 yards. Australian goalkeeper Maty Ryan didn't sight it early enough and the ball shot past his outstretched right hand.

It capped a game that intensified suddenly when a 20th-minute solo run and strike by Arjen Robben was cancelled out seconds later by a stunning volley from Australia's inspira-

tional veteran Tim Cahill.

Australia then went ahead with a second-half penalty, only for Robin Van Persie to equalize four minutes later.

The result left the Netherlands on the verge of advancing from Group B. That was confirmed a few hours later when Chile beat Spain.

Toronto-born midfielder Jonathan de Guzman made his second straight start for the Netherlands, playing 78 minutes before being substituted for Giorginio Wijnaldum.

THE ASSOCIATED PRESS

4 SPORTS

Brantford's David Hearn ready for elusive PGA victory

Three top-10 results. Canuck feels he can 'put it all together' this season

Canada's David Hearn came achingly close to his first PGA Tour victory last season.

He's had three top-10 results this season and feels ready to put it all together and finally hoist a trophy at the top level.

"I feel really close," Hearn said Wednesday. "I got really close last year at the John Deere (Classic) just before the Canadian Open. I'm a little bit surprised it's taken me quite as long to get back into contention."

"But I feel like everything is right where it needs to be



Canada's David Hearn
GETTY IMAGES

to have a week where I know I could put it all together. I've improved a lot of little areas of my game and I feel like my

game is consistently better."

Hearn's best career finish came at the 2013 John Deere Classic. He was tied with Jordan Spieth and Zach Johnson after regulation but Spieth took the title by hitting a par putt on the fifth playoff hole.

The 35-year-old from Brantford, Ont., is enjoying a short break before ramping things up in July. He plans to play at The Greenbrier Classic early next month before returning to the John Deere Classic.

Entry in the British Open remains a question mark for now but Hearn is locked in for the July 24-27 RBC Canadian Open at the Royal Montreal Golf Club. He has yet to play the Île-Bizard, Que., course but feels his game should be a good fit for the old-style, tree-lined layout. **THE CANADIAN PRESS**



Royals carry on epic streak

The Kansas City Royals' Omar Infante rounds the bases after hitting a solo home run against the Tigers during the fifth inning on Wednesday in Detroit. The Royals won their 10th straight, extending the team's best streak in 20 years with a 2-1 victory over the Tigers. **NOAH TRISTER/THE ASSOCIATED PRESS**

Signing draft picks

Jays come to terms with pitchers

Left-handed pitchers Nick Wells and Grayson Huffman both signed with the Toronto Blue Jays on Wednesday.

Toronto has now signed 25 of the players it selected in the 2014 first-year player draft.

Wells, the Blue Jays' third-round pick, is six-foot-five and weighs 180 pounds. At 6-2, 190 pounds, Huffman was Toronto's sixth-round selection.

THE CANADIAN PRESS

San Fran struggling

White Sox push Giants' skid to 5

Jose Abreu hit his 20th homer, a two-run shot, Adam Dunn added a three-run home run, and the Chicago White Sox beat San Francisco 7-6 on Wednesday, handing the Giants their fifth straight loss.

Giants ace Tim Hudson was hit hard for all seven runs. **THE ASSOCIATED PRESS**

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Horoscopes

Aries

March 21 - April 20

Everyone thinks you're a star so why are you being so negative about your prospects? Step outside yourself today and see how you look through other people's eyes.

Taurus

April 21 - May 21

There is no point cursing fate if what happens today is not to your liking. In the long-term everything will come good, so never doubt that no matter what happens, you will be stronger for it.

Gemini

May 22 - June 21

You pride yourself on being rational but with Mercury, your ruler, moving retrograde not every thought you have will be based on reason. Don't be too stubborn. There are times when it's OK to change your mind.

Cancer

June 22 - July 23

An offer will tempt you but can you be sure it is genuine? According to the planets you have reason to be suspicious, so take care when dealing with people who promise you the world for a small investment.

Leo

July 24 - Aug. 23

People will be moody today, which in turn will annoy you. Before the situation spirals out of control remind yourself that in the greater scheme of things it's of little importance.

Virgo

Aug. 24 - Sept. 23

A relationship will come under pressure today and if you say the wrong thing it may even end. Tomorrow you will regret having been so outspoken but it needed to happen.

Libra

Sept. 24 - Oct. 23

You are at a crossroads as far as a creative project is concerned. Do you carry on with it or do give up and focus your energy in a new direction? Give it some serious thought.

Scorpio

Oct. 24 - Nov. 22

Make sure you get your chores out of the way as quickly as possible over the next 24 hours. If you let what should have been done today wait until tomorrow you will fall behind and may never catch up.

Sagittarius

Nov. 23 - Dec. 21

It is vital that you deal with an outstanding feud immediately because if you allow it to linger it will hold you back and that could be disastrous.

Capricorn

Dec. 22 - Jan. 20

If you aren't in the mood to work today, don't push yourself. Even if you force yourself to do what is expected of you it's unlikely you'll do a good job of it, so wait until you are in a more positive frame of mind.

Aquarius

Jan. 21 - Feb. 19

What are you waiting for? Something is holding you back from taking risks and that's a shame because the planets suggest that if you take a chance today it could pay off in a big way. Do you dare?

Pisces

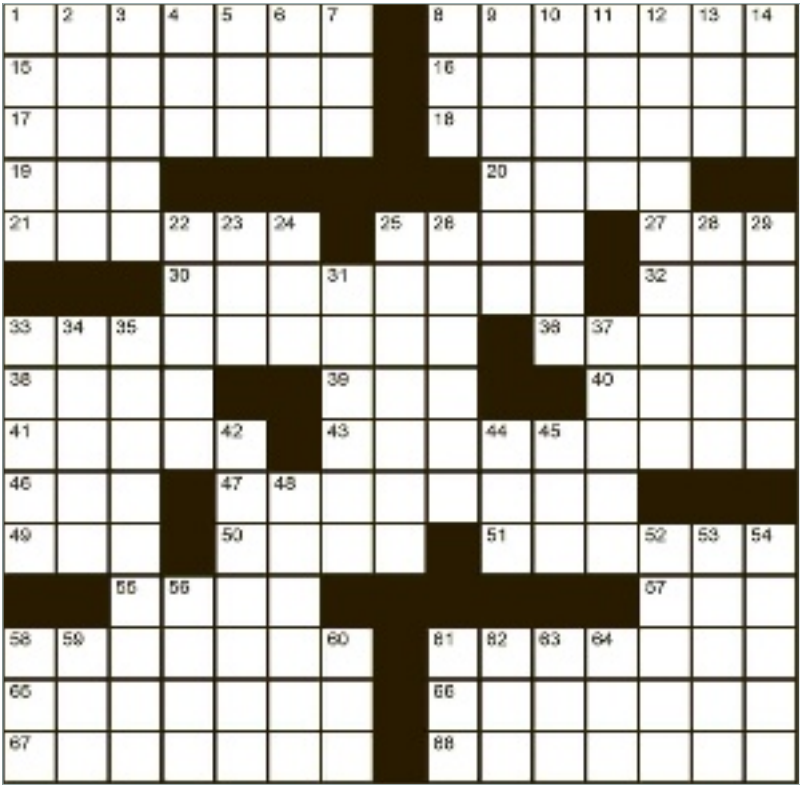
Feb. 20 - March 20

You are worrying about things you have no way of changing. According to the planets what you fear the most is the one thing that is least likely to happen, so be brave and go on the attack. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Halifax pita specialties
- Oscar Peterson tune about a Montreal locale: "Place ___"
- Seasoning sort
- Sunglasses and spectacles
- Lake Ontario archipelago-by-the-city, Toronto ___
- Stretches out
- First word in Inferno by Dante
- Long times
- John Travolta movie
- Prefix to 'dextrous'
- Got the parcel, briefly
- "Elvira: ___ of the Dark" (1988)
- Have a bug
- Ron Sexsmith song about his St. Catharines, ON hometown: "___ Street"; or, Pen name J.K. Rowling uses for her new crime novel The Silkworm, Robert ___
- Nero's 1406
- Actor Mr. Jannings
- Hr. part
- Geese: French
- Juliet's beloved
- "Chopped Canada" host Dean
- Regret
- Roof window
- 12 mo. periods



- Foundation
- Sisters: French
- Norse thunder god
- Egg mass
- Taken aback
- Kirkland Lake, ON: ___ & South Mine Complex
- Ms. Judd
- Strange

- Most profound
- Claude ___ (French composer, b.1862 - d.1918)

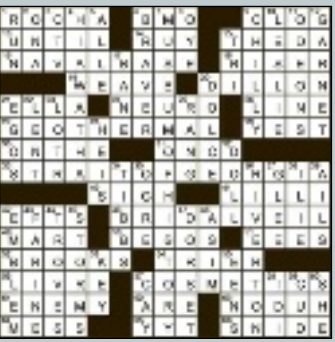
Down

- Faring
- Canadian figure skating great Brian
- Portia's "Ally McBeal" character
- Turkish title [var. sp.]
- Sir McKellen
- Boxing bout div.
- Rihanna's "___" (Rescue Me)
- Ms. Hinton's
- Easygoing people, e.g.: 2 wds.
- Valour
- Mr. McGregor

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Pekka Salonen
- The = Definite ___
- Henna-on-hands artwork
- Spotted cat-like mammal
- "Kathy Griffin: My Life on the ___"
- Mr. Horton's donut chain, endearingly
- Canadian comedian Mr. Dee
- Love: French
- Sedimentary rock kind
- Le ___ de Monte-Cristo
- Bob Einstein's alter ego, Super Dave
- For instances, for short
- Greek alphabet's 17th letter
- Actress Ms. Allen's
- Bear, fancy-style
- Civil Rights activist Ms. Parks, and namesakes
- Mattress manufacturer
- Basketball net
- E-Mail subj. line directive
- Caustic
- Info, briefly
- Spa mask ingredient
- 'Meth' suffix
- Lion's offspring
- Pac-12 sch.

Yesterday's Crossword

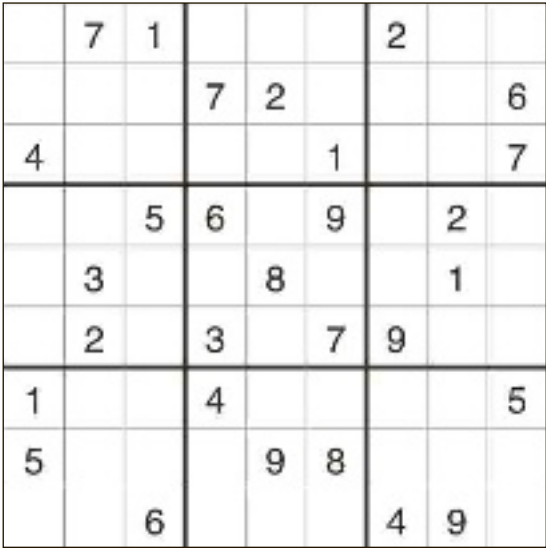


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



22°/10°
Sunny

Friday



22°/11°
Sunny

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Check the 14 day trend.

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